

LAA Group Fitness Class Descriptions

Low Impact – 25-30 minutes of aerobic 'floor' choreography designed to reduce stress on back and joints. One foot remains on the floor during workout.

Step – 25-30 minutes of low impact, but moderate to high intensity based on STEP REEBOK. Easy to follow choreography.

Step Interval – Two workouts in one: step and muscle conditioning; 4-5 minutes on the step – 1-2 minutes off the step working major muscle groups. Resistance apparatus used: hand-held weights and/or tubing.

Step Interval w/Barbell – 4 minutes on step for cardio conditioning and 2-4 minutes off the step working major muscle groups. Resistance apparatus used: barbell and weight plates.

Barbell Blast – Non-cardio class consists of using a variable weight barbell (3 lbs) and selected weight plates (2 ½, 5 & 10 lbs.) to work through ten songs – each dedicated to conditioning a major muscle group.

Pilates Mat – A combination of exercises based on the concepts of Joseph Pilates. Class benefits include increased muscular definition and improvements in coordination, flexibility and body awareness.

Sculpting Class – Non-cardio strength/weight class targeting major muscle groups using hand-held weights and/or bars, weight plates and tubing.

Cardio Kickbox – A cardiovascular and strength conditioning class that incorporates movements derived from boxing, tae kwon do and karate. Focus is on punches and kicks that provide for a dynamic energetic, heart-pumping workout.